

Bangalore Mirror

TEMP Max 29 | Min 17 | Humidity 48%

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Sensex 77,860 | Nifty 23,559 | Gold 84,900 | Silver 95,285 | Dollar 87.79 | Euro 90.52 | GBP 108.90

GLITZ & SHOW

After BBMP begins jazzy junction improvements, decking some with fancy LED lights, commuters beg for basic infra fixes



BUSY BODIES

Forest dept has begun removing invasive species such as Lantana and Senna from Bandipur forest, but NGO says time not right



Around half of pubs in Koramangala shut down last year — across city too matters look grim for watering holes with people taking parties to their homes due to rising costs of outings

LAST ORDERS

Operational expenses, hike in excise duties making nightlife a costly affair

Atiya Firdos
c-syeda.atiya@timesofindia.com

TWEETS @BangaloreMIRROR

Bengaluru's once-thriving pub culture is in decline, with nearly half of the pubs in Koramangala shutting down over the past year. Industry insiders warn that this trend is spreading beyond Koramangala, affecting nightlife hubs across the city. In total, at least 40 pubs have closed citywide, with many more struggling to survive.

According to pub owners and industry sources, one of the key reasons for this downturn is the rising preference for house parties over pub visits, largely due to increasing costs. Additionally, the recent hike in excise duties has driven up beverage prices, making customers more hesitant to spend as they once did.

Downward trend

The decline in Bengaluru's pub culture is largely attributed to rising costs and changing social trends. Customer footfall has dropped by 20-25% as more people prefer house parties over expensive pub outings. Pub owners cite increasing operational expenses and the recent hike in excise duties, which has led to steeper beverage prices. This combination of factors has forced several pubs, especially in Koramangala, to shut down, with many others struggling to stay afloat.



“There is a constant rise in input costs, including raw materials and alcohol. Since the market is highly competitive, businesses cannot keep increasing prices, as they need to remain affordable to customers

—Hospitality industry insider

Pandemic effect

Post-pandemic, pub owners have been grappling with soaring expenses. According to an National Restaurant Association

of India (NRAI) report, pubs, bars, cafes, and lounges (PBCL), along with Premium Casual Dining Restaurants (PCDRs), have struggled to recover after

the pandemic.

These businesses were hit hard as they remained shut until July 2020 during the first wave, **CONTINUED ON PAGE 8 >>**

All's quiet on city's roads?

If you go by traffic police records, there is no unnecessary honking or use of illegal horns in city



Garima Prasher
garima.prasher@timesofindia.com

TWEETS @BangaloreMIRROR

Between January and December 2024, the Traffic Police booked nearly 83 lakh cases in different offence heads under the Motor Vehicle Act. The cases have been booked under 27 different categories, including reckless driving, speeding, drunken driving, jumping traffic signals, wrong parking, triple riding, riding on footpaths, etc.

However, there is no mention of cases booked against unnecessary honking or illegal horns in the official data.

The Indian Motor Vehicles Act of 1988 bars alteration in motor vehicles with those originally specified by the manufacturer and prescribes that the violators be punished. Under the Act, Rs 1,000 fine should be imposed for the first offence followed by Rs 2,000 for subsequent offences.

According to anti-noise pollution crusaders, this lack of implementation of rules is the reason behind increasing noise pollution issues in the city. They say while cases of unnecessary honking and shrill horns are on the rise; authorities are hardly taking initiative and making efforts to put a check on this menace.

Some also underline that no action is taken despite raising complaints regarding illegal horns in their jurisdictional traffic police stations.

CONTINUED ON PAGE 8 >>

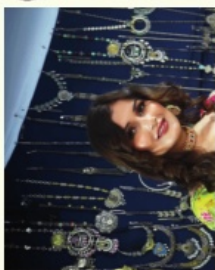
THINGS TO DO



01 Eco-friendly hues

Learn traditional Indian dyeing techniques using flowers, leaves, and natural extracts from Krutika Mohan, a nature artist and educator, in her workshop on natural dyeing. **Where:** Go Native, Jayanagar; **When:** February 23

02 Handicraft exhibition



Visit the handicrafts exhibition and sale organised by the Grand Flea Market to shop from an exquisite collection of handicrafts, handloom fabrics, and home décor items crafted by artisans from across India. The exhibition features a diverse range of handmade products, reflecting the cultural heritage of different regions of the country. **Where:** Chitrakala Parishat; **When:** Up to February 23

04 Ode to a legend

The Mahindra Percussion Festival is hosting an event in honour of the legendary Ustad Zakir Hussain. The special edition event will feature performances from renowned percussionists from around the world. **Where:** Prestige Centre for Performing Arts, Konanakunte; **When:** March 1 and 2



05 Classical fete

Sanjog Charitable Trust invites all music lovers to a day-long music festival featuring Indian classical music and instruments. With performances by many masterful musicians, the event will also celebrate tabla maestro and Padma Shri awardee Taalyogi Pandit Suresh Talwalkar.

Where: Prestige Centre for Performing Arts, Konanakunte; **When:** February 16, 10 am onwards

3 more officers to help fight child marriage

But if not given proper training, addition of hands will not serve any purpose, say activists

Y Maheswara Reddy
c-y.reddy@timesofindia.com

TWEETS @BangaloreMIRROR

After the Women and Child Development Department issued an order adding three more people to the list of Child Marriage Prohibition Officers (CMPOs) at the district level, activists have said that this would not serve any purpose unless the officers are given special training.

The order, dated February 4, stated that the Director of Child Protection, Principals of Pre-University Colleges and District Coordinators of Child Helpline have been appointed as Child Marriage Prohibition Officers.

As of now, the Deputy Commissioner, District Superintendent of Police, District Social Welfare Officer, District Child Protection Officer, Revenue Officers, Block Education Officers, Protection Officers, Tahsildars, and School Head Masters of the respective districts are working as Child Marriage Prohibition Officers. Child rights activists told BM the purpose of adding new CMPOs will not be served unless the government provides training for these officers.

Nagasimha G Rao of Child Rights Trust said that the state government's decision to expand the list of CMPOs to include PU

college principals and 1098 coordinators is a positive move, given that these officers must get proper training, legal support, and motivation to effectively prevent child marriages. "The Supreme Court has emphasised the importance of appointing dedicated CMPOs, highlighting those multi-tasking officials may struggle to focus on their statutory duties under the Prohibition of Child Marriage Act (PCMA), 2006. To address this issue, the government should provide CMPOs with training and capacity building by organising workshops and training programs to educate CMPOs about their roles, responsibilities, and the legal framework surrounding child marriage," he said.

He said that the government should help the CMPOs to have access to legal resources and support them in navigating complex cases to ensure effective enforcement of the PCMA. "The government should motivate the CM-

“The government should motivate the CMPOs by giving incentives to those who successfully prevent child marriages”

— Nagasimha G, Child Rights Trust

POs by giving incentives to those who successfully prevent child marriages and support vulnerable children. Additionally, the government should consider appointing people heading NGOs who have experience working to prevent child marriage at the village level as CMPOs. This would bring valuable expertise and community connections to the role, enhancing the effectiveness of child marriage prevention efforts. I think that the above measures can empower CMPOs to protect the rights of children and prevent child marriages," he added.



Nine Child Marriage Prohibition Officers exist, but few actively register cases

Emphasising the urgent need to prevent rising school dropouts in rural areas, HC Raghavendra, a former member of the Karnataka State Commission for Protection of Child Rights, said that the authorities should focus on the education of children in rural areas. "School is the safest place for children, especially girl students to protect themselves from child marriage menace. Nine Child Marriage Prohibition Officers have been functioning all these years but not many of them are active in registering cases against child marriages. Child marriages are taking place in some districts but how many people appointed as the Child Marriage Prohibition Officers have lodged complaints with the police against those responsible for child marriages?" he commented.

Childline 1098: Any child or a concerned citizen can dial 1098, a 24-hour toll free helpline for children who need care and protection.

112 helpline callers can stay anonymous

Individuals reporting emergencies via Karnataka's 112 helpline can stay anonymous, Bengaluru City Police confirmed on Saturday. The update was obtained by RTI activist Dushyant Dubey, founder of Broseph Foundation, a Bengaluru-based legal aid NGO. This crucial information was obtained through a Right to Information (RTI) request filed by Dushyant Dubey with the Bengaluru City Police.

Dubey stated, "Our organisation receives numerous inquiries regarding the anonymity of complainants when reporting emergencies from concerned citizens. To address this public concern, I had

sought clarification from Bengaluru City Police by filing an RTI."

Responding to the RTI No HMBUH/R/2025/80015 dated 15 January 2025, Bengaluru City Police provided clarifications in their response dated 7 February 2025 as follows: Callers can opt to keep their identification anonymous when making a 112 emergency call. To remain anonymous, callers must clearly state "Please keep my data anonymous" or "I wish to stay anonymous" during the call. It is mandatory for 112 operators to protect caller privacy and mask details when anonymity is requested. If anonymity is not maintained, the



caller can escalate the issue during a feedback call after the complaint is closed. They can also provide a one-star rating and raise their concern with the feedback team. These reports are taken up to the Deputy Commissioner of Police (DCP) in charge of the Command Centre for necessary action.

This confirmation from the Bengaluru City Police is a significant step towards ensuring that individuals feel safe and empowered to report emergencies without fear of their identity being revealed. The ability to remain anonymous encourages more people to come forward and report incidents, ultimately contributing to public safety and security. — BMB

Fraudsters misuse loan app name

Whitefield Division Cyber Crime Police have registered a case against unidentified individuals for misusing the name of a private finance company's digital loan app to defraud people with false loan promises. The case was filed based on a complaint by Sumithra V, the legal manager of SmartCoin Financial Private Limited. According to the complaint, the company operates a legitimate digital loan app. However, fraudsters created fake email IDs resembling the company's name and sent bulk emails offering instant loans. Using this as a trap, they collected money from victims under the guise of processing fees and insurance charges. The scam came to light when multiple victims, who had lost money, approached the company with complaints. Police are now tracking the accused through financial transaction details. The accused have been booked under various sections of the IT Act, along with charges of cheating and impersonation. — BMB

Man stabbed to death by fellow workers

A man was killed, allegedly stabbed, during an argument with his fellow workers near Akashwani Layout under the Sampige Halli police station limits.

The deceased has been identified as Syed Mehboob. According to the police, Mehboob had been working with Kanika and Raju, who assisted him in loading jellystones into vehicles. The trio had been working together for the past five years.

Police suspect that during an argument, Kanika stabbed Mehboob with a knife, though the exact motive behind the murder remains unclear. An FIR has been registered against Kanika and Raju, and further investigation is underway. — BMB

Ed Sheeran's impromptu gig shut down

British singer-songwriter Ed Sheeran's impromptu performance on Church Street turned into an unplanned promotional event for his upcoming concert. The Cubbon Park police swiftly intervened and halted the performance on Sunday morning, citing the absence of necessary permissions.

While the singer and his team were warned and let go, the situation could have easily escalated into a law-and-order issue, given the clear rejection of their request by authorities. The incident has raised concerns over mismanagement by Sheeran's team, who went ahead with the performance despite prior denial.

Armed with two microphones and a guitar, Sheeran surprised fans with an unplugged rendition of Shape of You.

However, just a minute into the performance, a police officer intervened, disconnecting the speakers and putting an abrupt end to the session.

Bangalore police stated that



the performance was halted due to the lack of necessary permissions, which are required for public gatherings to ensure safety and order.

Officials also confirmed receiving complaint through emergency helpline 112 prompting police to rush to the spot and halt the performance.

According to the police, a member of the event management team had earlier approached authorities with a request letter, but it was denied due to the heavy footfall on

Church Street, especially on weekends. "We do not permit any activities there, including awareness programs," DCP Central Shekhar HT told BM.

Police further clarified that no permissions had been secured for using a microphone, security arrangements, or police clearance. "Mic licensing and security permissions are mandatory, but none were obtained," an official stated.

Although the crowd was relatively small as the performance took place early in the morning, the incident has sparked mixed reactions on social media. While some fans criticised authorities for shutting down a rare street performance by a global artist, others supported the police's decision, pointing to the importance of adhering to public event regulations.

Sheeran, currently on tour in India, performed in Bengaluru at NICE Grounds and is scheduled to perform in Shillong on February 12 and Delhi-NCR on February 15.

CRIME FILES

Man nabbed at airport for travelling to UK with fake papers 8 years ago

A 37-year-old man was detained by the immigration officials on Friday for travelling to the UK with fake documents eight years ago.

The accused has been identified as Gobi Jayaveeran, a private firm employee, who hails from Tamil Nadu. According to the police, he was caught

when he landed with an emergency certificate from London at the Kempegowda International Airport.

When interrogated, the accused said that he had lost his passport in London and came back using an emergency certificate. When the officials checked the details, it was found

that he had boarded a flight to London from Chennai under some other name in 2017. Further questioning led him to confess that he had gone and stayed in London under a fake identity.

The Airport Police have registered a case and further investigations are underway.

2 students drown in Panchamukhi River

Two students lost their lives after they drowned in Panchamukhi River in Champa-kadhama temple in Bannerghatta on Saturday.

The victims have been identified as Deepak and Yogeshwar (19), who was a BSc student in St. Francis college, Hebbagodi.

According to the

police, Yogeshwar ventured into the water and as he did not know how to swim he struggled and was drowning.

Deepak, who noticed him drowning and who also did not know how to swim, jumped into the water to save him and both drowned. Others rushed for help but could

not locate both of them.

The Bannerghatta police, fire and emergency department were alerted and they managed to recover Deepak's body three hours after the incident and Yogeshwar's body was recovered on Sunday.

"Both the bodies have been recovered and sent for post mortem," police officials said.

BM Finance Fundas

Positive outlook: India's total trade to reach USD 1.8 trillion by 2033, growing at 6.4% CAGR: Report

Last window for FD investors to book FDs at higher rate has officially started

RBI has reduced the repo rate by 25 basis points for the first time in almost five years after the domestic rate-setting panel has kept the policy repo rate unchanged for the last 11 consecutive meetings after raising it by 250 bps between May 2022 and February 2023.

This means FD investors have the last window to book their FDs at current higher rates as banks will start reducing their interest rate soon after the repo rate cut. We tell you if there is more interest rate cut expected and how FD investors can utilise the current scenario.

Retail inflation has been the biggest focus area for RBI as the central bank has a mandate to keep it around 4%. Though the retail inflation has come down however it may take some more time to bring it to durably within the RBI's comfort zone.

"CPI inflation for FY26 is projected at 4%, with January likely below 4.5%. December inflation eased to 5.22%, mark-



ing four consecutive months above 5%. Food inflation dropped to 8.4% from 9% in November," says Bajaj Broking Research.

For any future repo rate cut to materialise a durable fall in retail inflation will be essential.

Growth concerns

A significant fall in GDP in July-Sept quarter has become a big concern for the economy and the central bank can not remain untouched from it. A slowing growth in the economy may put pressure on RBI to consider further repo rate cut.

Foreign exchange pressure

A significant fall in rupee exchange rate against USD has also been a concern. "INR has depreciated to ₹87/USD, down

from ₹84.7/USD in Dec 2024, driven by stronger USD, rising US 10Y yields (4.51%), and \$7.5bn FPI outflows since Nov 2024. The narrowing India-US rate differential is increasing capital outflow risks, forcing RBI to calibrate its easing cycle cautiously to avoid excessive rupee weakness.

Any disorderly INR depreciation would raise imported inflation risks and require forex reserve depletion to stabilize markets," says Arsh Mogre, Economist, Institutional Research, PL Capital Group - Prabhudas Lilladher.

When will repo cut happen

For any repo rate cut to happen in future retail inflation has to be tamed. A lower inflation may lead to a significant

rate cut during the year. "Further cuts of 50-75 bps in CY25 will depend on inflation sustainability and global monetary conditions," says Mogre.

What should FD Investors do now?

If you have a surplus to invest in FD, this may be the best time to book your deposits, as the prevailing high rates may disappear in coming months. "While the reduction

in repo rate has increased the chances of rate cuts in bank FDs, the lag in the transmission of reduced repo rates to bank FDs would depend on the gap between the credit and deposit growth rates, liquidity in the banking system and other market factors," says Naveen Kukreja, Co-Founder and CEO, Paisabazaar.

If you want to book FDs for the short to medium term, the window may be shorter. In

case of long-term FDs, you get a few more months to enjoy the current high rates.

It is better to keep your exposure within the insurance limit of Rs 5 lakh, provided by the Deposit Insurance and Credit Guarantee Corporation. For higher deposits, use multiple types of account in different capacities, making you eligible for the Rs 5 lakh cover separately on each account.

ET Online

FDs would depend on the gap between the credit and deposit growth rates, liquidity in the banking system and other market factors

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CBD traffic junctions get glitz and glamour

As BBMP initiates improvements at 10 major traffic junctions, including LED kerb stone installations and landscaping, citizens demand basic touch-up to fix roads instead

I Y Maheswara Reddy
c-y.reddy@timesofindia.com

TWEETS @BangaloreMIRROR

The Bruhat Bengaluru Mahanagara Palike (BBMP) has come up with a plan to improve and develop over 10 traffic junctions in the central business district (CBD) area of the city. While work on some junctions has been completed, development is still in progress at several other locations.

The BBMP has taken up improvements at key traffic junctions, including Police Junction near Hudson Circle, Make in India Circle near Windsor Manor Hotel, Mekhri Circle, High Grounds Circle, Vidhana Soudha Junction near Legislators' Home, Sadashiva Nagar Police Station Junction, Kalpana Junction near Shangri-La Hotel, Mount Carmel College Junction, Raj Bhavan Circle, Coffee Board Junction, KIMS Junction, TMC Circle, and KR Circle.

As part of its efforts to enhance the visual appeal of some junctions, the BBMP has installed LED kerb stones at Police Circle, Mount Carmel Junction, and Vidhana Soudha Junction. This is the first time LED kerb stones are being introduced at traffic junctions in the city.

Recently, BBMP Chief Commissioner Tushar Giri Nath, along with BBMP engineers, inspected the progress of various traffic junction developments and beautification efforts. These measures are being taken ahead of two major upcoming events Aero India 2025, scheduled from February 10 to 14, and the Global Investors Meet, which will take place from February 11 to 14.

During the inspection, the BBMP Chief Commissioner directed engineers to asphalt the road near Gutta Halli Bus Stop, maintain cleanliness at Mekhri Circle, and also asked the



LED kerb stones at Police Junction near Hudson Circle; (Below) A junction near Mount Carmel College

authorities to remove unauthorised OFC cables at Hudson Circle. He also reviewed the progress of LED kerb stone installations, landscaping, lighting, and other improvements at the junction development. Additionally, he instructed BBMP engineers to complete the installation of a side grill in front of Baptist Hospital near Hebbal.

BBMP Chief Engineer (Road Infrastructure) BS Prahlad stated that the development of traffic junctions was taken not only to enhance aesthetics but also to improve visibility for the benefit of motorists and pedestrians. "We have identified junctions that have been prone to accidents involving motorists and pedestrians. The improvements include installing water fountains, which help reduce stress among motorists. The sight of water at traffic junctions makes motorists feel relaxed from stress," said Prahlad.

However, some civic activists believe that safety should be prioritised

BBMP should focus on its core responsibilities, such as replacing defunct and fused streetlights, and filling potholes

— Satish R, activist

over beautification. While welcoming the development of junctions, Vinod Jacob of Namma Bengaluru Foundation emphasised the need for proper maintenance. "We need citizen and pedestrian-centric junctions, with properly aligned crossings and skywalks. Safety should be the top priority for both pedestrians and non-motorised transport. Clear signage, traffic rules, and zero tolerance for violations are essential for safer commuting. Proper lighting at junctions and skywalks is particularly important to ensure the safety of women and children. Additionally, seamless footpaths with clearly marked kerbstones and bollards to



prevent vehicle intrusion are necessary to reduce accidents and pedestrian casualties," he said.

Echoing similar concerns, Satish Rao, a social activist from Indiranagar, questioned the need for expensive window dressing, particularly ahead of major events like the Global Investors Meet and Aero India. "The BBMP should focus on its core responsibilities, such as replacing defunct and fused streetlights, eliminating garbage black spots, constructing public toilets, and filling potholes. These tasks should be carried out consistently, not just in preparation for prestigious events," he said.

'Tragedy': Commuters decry steep metro fare increase

I Sridhar Vivan
sridhar.vivan@timesofindia.com

TWEETS @sridharvMirror

Bangalore Metro Rail Corporation Limited (BMRL) has raised metro fares starting Sunday, igniting a heated debate on social media platforms like X (formerly Twitter). One user, Manu, tweeted about his experience travelling from South End Circle to Sampige Road, sharing screenshots from December 28 and today. He noted that the fare for three passengers was ₹62.7 in December, including a 5% discount, but now the same ride costs ₹120—a 91.4% hike. Manu expressed his frustration, calling it a "tragedy."

Other users also expressed dissatisfaction with the fare hike.

Dhanush NA predicted that many regular metro users would switch to private vehicles due to the fare increase. He emphasised that even a drop in ridership would still bring in more revenue for BMRL. Ganesh Kumar shared his own experience, noting a nearly 90% increase in his fare from Kadugodi to Byappanahalli.

Many users questioned the fare hike, with some suggesting alternatives like buses or personal vehicles to avoid the increased cost. Lakshminarayan highlighted the delays in metro service and additional costs for parking and last-mile connectivity, while Shiva pointed out the combined cost of metro and related expenses could add up to ₹240 a day. However, some users,



BMRL received its second driverless train set on Sunday; testing starts in March, with deployment on the Yellow Line

like Adnan Motiwalla, defended the metro, arguing that it remains a good option to beat traffic and save time despite the fare increase. However, others like Prasad expressed disappointment, saying the price hike undermines the value of public

transport, particularly for those who had switched from cabs to metro for convenience. The fare increase has sparked a wider conversation about the affordability and accessibility of public transport in Bengaluru.

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Chamber unattended Cambridge Road



On Cambridge Road, in front of the main gate of Frank Anthony School, Ulsoor, there is a telecom cable chamber that remains unattended. No action has been taken by the authorities or telecom companies despite repeated complaints.

Litter-strewn road Kodigehalli



The white-topped road along the railway parallel road in Kodigehalli, Sahakaranagar, has been an eyesore for the past three years due to BBMP trucks constantly parked there, encouraging the public to litter. Complaints have been made to BBMP and the local MLA, but no action has been taken so far.

Gym seize

Kavalbyrasandra



The gym facility provided by BBMP at P&T Quarters in Kavalbyrasandra remains locked and privatised by individuals who hold the keys, despite the BBMP board stating that it is available for public use from 5 am.

INTERVIEW



MB PATIL, COMMERCE MINISTER

'Aim to establish K'taka as a manufacturing hub'

Invest Karnataka 2025: Minister Patil talks to BM about goals and priorities

Sridhar.Vivan
@timesofindia.com

TWEETS @sridharvMIRROR

Bengaluru is organising a big-ticket event- Global Investors Meet, from February 11. Bangalore Mirror caught up with Minister for Commerce and Industries, and Infrastructure MB Patil.

What is the key focus of Invest Karnataka 2025?

This year's Global Investors Meet (Invest Karnataka 2025) is being organised with a clear roadmap prioritising realistic investments. We are confident that over 70% of the agreements signed during the event will materialise. Additionally, special initiatives are being undertaken to establish Karnataka as a manufacturing hub.

How is this year's event different from previous editions?

When Karnataka first started organising the Global Investors Meet, such events were primarily held in Maharashtra and Gujarat. Today, every state is hosting investment summits, making it a highly competitive space. While attracting investments is crucial, Karnataka has its own unique industrial positioning. The state government is committed to holding this summit every two to three



years. Unlike previous editions, Invest Karnataka 2025 will see participation from 19 countries, with dedicated pavilions from 9 nations. Additionally, we will engage in bilateral meetings, commercial discussions, and technology-driven partnerships with over 10 countries. The focus this year is on a comprehensive approach from production to market expansion.

How is this edition different in terms of capital investments and sectoral focus?

In the last summit,



we saw agreements worth 2 lakh crore in the green hydrogen sector, but the necessary infrastructure is still not fully developed. Such impractical agreements impact the effectiveness of the summit. This time, we are emphasising on realistic investments. If we secure agreements worth 10 lakh crore, our goal is to ensure that at least 70% of them translate into actual investments. The theme of this year's summit is "Reimagining Progress", with a strong emphasis on technology-driven, environmentally sustainable, and inclusive growth. Additionally, a dedicated 'SME Connect 2025' exhibition will focus on expanding small and medium enterprises, while 'Venturize' will address global challenges in the startup ecosystem.

What incentives are being introduced to attract larger investments?

The new industrial policy includes several incentive programs, particularly for job creation. Special incentives have been announced for companies that generate employment opportunities for women. Additionally, we are implementing all necessary measures to enhance Karnataka's Ease of Doing Business ranking.

The previous government had announced the 'Beyond

Bengaluru' initiative. What is your government's strategy to promote industrial growth beyond Bengaluru?

This year's summit aligns with the "Reimagining Progress" vision, prioritising industrial expansion across districts. We are introducing district-wise industrial development plans with specific incentives. As per the Nanjundappa Committee Report, backward taluks will receive additional incentives for industrial development. We are already witnessing sectoral growth, with FMCG industries in Hubballi, steel and cement clusters in Ballari, Vijayanagar, and Koppal, and further expansion in Belagavi and Kalaburagi.

Is there a proposal to upgrade airports in North Karnataka to support industrial growth?

Industrial development requires strong connectivity through both airports and ports. We are continuing efforts for the Hubballi-Ankola railway project, which will enhance port connectivity. Plans are also underway to upgrade airports in North Karnataka, including Hubballi and Belagavi, to international standards.

Is sufficient land available for industries, and what measures are in place to ensure timely land allocation?

The necessary land is available, along with essential infrastructure such as water and power supply. We are leveraging technology to streamline the approval process; industries can track land availability, approval status, and other details through a dedicated mobile app.

Karnataka aims to become a manufacturing hub. What steps are being taken to achieve this?

Our vision is to establish Karnataka as a "Manufacturing Hub". We have introduced a 10% special incentive for industries involved in research & development (R&D), design, and manufacturing. Following the summit, we will conduct a two-day workshop focused on accelerating this vision.

For first time ever, Aero India 2025 to feature Su-57 & F-35

Por the first time in history, Aero India 2025 will witness the participation of two of the world's most advanced fifth-generation fighter aircraft - the Russian Su-57 and the American F-35 Lightning II. The 15th edition of Aero India, Asia's biggest aerospace and defence exhibition, will be inaugurated by Defence Minister Rajnath Singh at the Yelahanka Air Force Station on Monday. Addressing a press conference in the City on Sunday, Singh said "Aero India demonstrates our defence capabilities and forge global partnerships. Our goal is to enhance collaboration in areas of common interest with our friendly nations, fostering deeper cooperation and shared progress."

Organised in a total area of over 42,000 sq m and with the confirmed participation of over 900 exhibitors, including 150 foreign companies, the event is set to be the biggest-ever Aero India till date. Defence ministers or representatives from about 30 countries have come to participate in this event.



F-35 is the most widely deployed fifth-generation fighter

Defence Ministers' conclave

With the aim to strengthen defence cooperation with friendly nations amidst a rapidly-evolving global security landscape, Raksha Mantri will host the Defence Ministers' Conclave on February 11 in hybrid mode. The theme this year 'Building Resilience through International Defence and Global Engagement (BRIDGE)' underscores the importance of supply chain resilience and strategic collaboration in defence.

Seminars

A number of seminars on a

variety of topics will be organised as part of Aero India 2025. On February 11, Raksha Mantri is scheduled to address a seminar organised by the Indian Air Force on the theme 'Manned Unmanned teams for Aerial Warfare - concept to targeting' and another organised by DRDO on the theme 'DRDO Industry Synergy towards Viksit Bharat'.

Su-57 and F-35

Participation of two of the world's most advanced fifth-generation fighter aircraft - the Russian Su-57 and the American F-35 Lightning II will mark a milestone in global

defence collaboration and technological advancement, offering aviation enthusiasts and defence experts an unparalleled prospect to witness these state-of-the-art warplanes. Su-57: Russia's premier stealth multirole fighter is designed for superior air superiority and strike capabilities. Equipped with advanced avionics, supercruise capability, and stealth technology, it is making its debut at Aero India 2025. F-35 Lightning II: The Lockheed Martin F-35 Lightning II, the most widely-deployed fifth-generation fighter, integrates advanced stealth, unparalleled situational awareness and networked combat capabilities.

Security and emergency preparedness

Red drone zones have been designated and published with countermeasures in place to tackle unauthorised drone activity. Rapid Mobile Units will be deployed strategically to provide quick assistance and emergency support. Continuous mock drills with multiple agencies are being conducted to ensure practical and implementable contingency plans.

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Invasive species removal plan faces strategy divide

KFD, conservationists differ on ideal timing for removing invasive species like Senna and Lantana, with officials opting for dry-season removal while NGOs prefer post-monsoon

Garima Prasher
garima.prasher
@timesofindia.com

TWEETS @BangaloreMIRROR

Karnataka Forest Department (KFD) is using conflicting ideas and measures to clear forest areas of invasive plant species - Lantana Camara and Senna Spectabilis.

While Bandipur forest administration has already started removing Senna from 100 hectares of forest land, the NGO that has been roped in to remove this invasive species says the process will begin only after monsoon when soil moisture levels increase.

"We have permission to clean 100 hectares of the reserve and we started removing Senna a few months back. Since we are uprooting the invasive species mechanically, we don't have to wait for the monsoon period for the soil conditions to improve. Moreover, removal in the dry season will also ensure that it does not sprout. Lantana cleaning will begin only after monsoon since it will be done manually," said a KFD official.

According to Meera Chandran, Secretary of Forest First Samithi, the NGO that will carry out the work in Nagarhole Tiger reserve, an ideal condition for removing Senna is post-monsoon.

"We need soil to be softer, an ideal condition for removing Senna, a woody species. Senna has a deep root system and its lateral root



File photo of Lantana Camara

grows up to 40 feet. Unless we take out its roots from the soil, it will regenerate, making the intervention futile. However, every region is distinct and requires a divergent approach. The landscape in DB Kuppe region in Nagarhole is similar to Wayanad where we carried out previous work," said Chandran.

Ramesh Venkataraman, Managing Trustee, Junglescapes has cleared nearly 3,500 hectares of forest in Bandipur Tiger Reserve of Lantana's invasion. Venkataraman terms the forest department's attempt to remove Senna at the onset of summer 'a good experiment'.

There is very little research on Senna thus far and thus the department's approach to removing Senna while the soil is hard is interesting, he says.

"It is worth seeing the results. If regeneration is low due to root fragments losing nutrients, it can be a good method for tackling dense Senna patches in Karnataka's forests. The key is the methodology that is used for the removal of Senna. In the case of Lantana, we use the Cut Rootstock method with no soil disturbance, which can be taken up all 12 months of the year," said Venkataraman.

Experts say while removing inva-

sive species is important, restoration is a significant aspect.

"The invasive species have to be removed continuously for four to five years to reclaim the land. After that, it is important to bring back the native vegetation. Thus, the process of clearing a parcel of forest land of these plants takes at least five to six years. To accelerate this restoration process, we need to make sure that the native plants that are lying underneath the Lantana or Senna bushes are not disturbed. These are the native plants which are going to help in the restoration and making it successful," added Venkataraman.

K'taka to host 3-day Kumbh from today

Sridhar.Vivan@timesofindia.com

TWEETS @sridharvMIRROR

As the focus remains on the grand Kumbh Mela at Prayagraj in Uttar Pradesh, Karnataka is set to host a three-day Kumbh Mela at T. Narasipura. This Kumbh of Karnataka is set to gather, after six years, will take place at the Triveni Sangam, where the Cauvery, Kapila, and Spatika rivers. The district administration has completed all necessary preparations, nearly one lakh devotees are expected to take a holy dip on the festival's first day. The event will be held from February 10 to 12, featuring various religious ceremonies and cultural programs throughout the event.

Rakesh, the Kumbh Mela nodal officer, stated, "The Mela will commence on February 10 with religious rituals and ceremonies. On February 11, a special Ganga Arati will be performed, with prominent religious leaders from across the state participating."

More than 15 boats for pilgrims

To accommodate the large crowds expected at the three-day event the district administration has arranged over 15 boats. Two boats will come from the Ranganathittu Bird Sanctuary, 12 from local areas, and four from nearby resorts. Expert swimmers will be deployed to ensure safety throughout the event.

Infrastructure for large crowds

With lakhs of devotees expected daily, special infrastructure has been strengthened. 20 temporary changing rooms have been built at the three main bathing ghats, each equipped with ten toilets. Separate entry and exit points will be established and a temporary bridge will be set up across the river to connect the old Thirumakoodalu with the Gunja Narasimha Swamy Temple.

Friends and foes

It is often said that there are neither permanent friends nor foes in politics. So, as one-time best buddies G Janardhana Reddy and B Sriramulu have openly parted ways, the big question is whether they will reunite again. "Personal life is one thing, politics is another. The crack in my relationship with Gangavathi MLA G Janardhana Reddy will never get fixed," declared former minister B Sriramulu in his signature style. Speaking to reporters recently, "The BJP rebel faction has met the party high command, and we are waiting for their decision. As for me, I've already made my mark in a national party—so the question of accepting or rejecting Congress' invitation simply doesn't arise."

New role?

Ever since DK Suresh lost in the Parliament elections from Bengaluru Rural, there were talks that he may be accommodated for MLA elections from Channarayana. Now, the latest talk is that he may contest for the KMF. When quizzed by journalists, Suresh's brother and Deputy CM DK Shivakumar said, "Who knows what fate has in store for my brother, DK Suresh, as KMF President?" When asked in Shivanahalli whether his brother would take over Karnataka Milk Federation (KMF), Shivakumar played it cool: "We come from a family of farmers. We've always had cows, and our mother used to milk them. Now she's aged, so

NOTES FROM THE FIELD

Suresh is doing it in her name. Let's see what destiny has planned!"

No comments

When journalists quizzed School Education and Literacy Minister Madhu Bangarappa on the issues related to the ongoing hijab controversy. Instead of responding directly, he asked journalists to enquire with Home Minister Dr G Parameshwara who would be the appropriate authority to respond. When asked about the state government's stance on withdrawing the petition regarding the hijab ban currently before the court, the minister said he would discuss the matter with the Home Minister before providing an answer. Regarding whether students will be allowed to wear hijabs in the upcoming exams, he refrained from making a statement, reiterating that the Home Minister should be approached for clarification. "I cannot comment on this matter," he added.

No permanent foes

Politics is a game of shifting alliances, and the latest developments in Karnataka prove just that. Once vocal about staying away from Congress leaders, BJP MP Dr K Sudhakar surprised many by sharing the stage with Chikaballapur's District In-Charge Minister Dr MC Sudhakar at a

recent event in Gauribidanur. What's more, he even went on to praise Chief Minister Siddaramaiah—a stark contrast to his past stance. The last time both Sudhakars were seen together was on June 21, 2024, during the International Yoga Day event. Since then, they have avoided sharing a platform. However, at the birth centenary celebrations of Dr H Narasimhaiah on February 2, they not only shared the stage but also exchanged pleasantries with a handshake, signalling a surprising shift in political equations.

Wall Hits a Roadblock

A minor road mishap on Cunningham Road saw cricket legend Rahul Dravid's car bump into a goods auto on Tuesday evening. The reason? An abrupt brake by the auto driver caught Dravid off guard. A brief exchange of words followed, with Dravid stepping out to inspect his car, while the auto driver did the same. The video of their interaction quickly went viral on social media. However, both went their separate ways without filing any complaints, as confirmed by the High Grounds police.

Airport wars

Bengaluru's second airport is shaping up to be a tug-of-war between Karnataka and



Tamil Nadu. During a recent Rajya Sabha session, Tamil Nadu MP M Thambi Durai highlighted the severe congestion at Bengaluru International Airport, recalling an incident where a flight from Hyderabad couldn't land due to heavy traffic and fuel constraints in Bengaluru, forcing a diversion to Chennai. His pitch? Develop Hosur Airport as Bengaluru's second airport, much like Delhi has Noida. However, Union Civil Aviation Minister Kinjarapu Rammohan Naidu pointed out the complexities, citing existing agreements and the tricky 150 km radius rule. While Tamil Nadu is actively pursuing the Hosur option, he emphasised the need for discussions between the Centre, Karnataka, Tamil Nadu, and Bengaluru International Airport Limited. Meanwhile, former PM HD Deve Gowda reminded the Centre that Karnataka has already proposed a second airport and discussions with the Civil Aviation Minister are well underway. With the state scouting for land, the big question remains—will Bengaluru's much-needed second airport land in Karnataka or take off from Tamil Nadu?

—Sridhar Vivan

Ploggers do their magic at Jayanagar Shopping Complex

Alarmed by amount of waste, but undeterred, 35 volunteers manage to remove 15 bags of rubbish in one hour, call on public to make efforts keep surroundings clean

Iffath Fathima
iffath.fathima@timesofindia.com

TWEETS @BangaloreMIRROR

A group of volunteers set out for their routine plogging activity on Sunday morning, only to run into a shocking sight—Jayanagar Shopping Complex had turned into a dumping ground. What was once a bustling marketplace was now littered with plastic waste, packaging material, and even construction debris. More than 35 volunteers from the Indian Ploggers Army, NMIT College, and Bengaluru Hudugaru took part in the clean-up drive. The team, led by environmentalist Plog Raja, collected over 15 bags of plastic waste in just one hour.

"It had been some time since our last plogging activity here. While we noticed some street sweeping efforts, we were dismayed by the sheer amount of waste inside the complex. The plastic bottles, paper cups, and discarded packaging material were mostly left behind by shopkeepers and visitors," said Plog Raja.

The Jayanagar Shopping Complex has both an old and a new section. Over the years, most shops have moved to the new building, leaving the old one in a neglected state. "There are still a few shops in the old complex, and since both buildings are next to each other, there is regular public movement. However, the old structure has turned into an unofficial dumping yard," said Raj, a volunteer.

The ploggers highlighted that while public participation in waste management is crucial, local authorities also need to step up. "Sustainable change requires the combined



efforts of citizens, stakeholders, and the Bruhat Bengaluru Mahanagara Palike (BBMP)," Plog Raja added.

The volunteers pointed out on the need for lifestyle changes to reduce plastic pollution. Kanika Jauhari, one of the participants, urged people to rethink their habits. "We need

“ Carry your own cutlery for takeaways, bring a bag for shopping, and return paper bags at billing counters to be reused – Jeevan, volunteer

to refuse disposables, reduce waste, and reuse wherever possible to truly respect and honor our planet," she said. Jeevan, another volunteer, shared his simple eco-friendly practices by saying, "Carry your own cutlery for takeaways, bring a bag for shopping, and return paper bags at billing counters so they can be reused. When we plog, we're also helping water reach the soil, making a difference for small mammals and



More than 35 volunteers from the Indian Ploggers Army, NMIT College, and Bengaluru Hudugaru took part in the clean-up drive at Jayanagar Shopping Complex on Sunday morning

the environment."

Despite the challenges, the volunteers remain committed to keeping Bengaluru clean. "Mother Earth is not just for humans; it's home to all living creatures. It is our duty to protect it from plastic," said Vinod Kartavya from Bengaluru Hudugaru.

With the efforts of Ploggers Army, Bengaluru Hudugaru, and NMIT College volunteers, the Jayanagar Shopping Complex saw a much-needed clean-up. However, for lasting change, greater public awareness and stricter waste management practices are essential.

Thank you, but don't queue up outside: Darshan tells his fans

Speaking out for the first time after his release from prison on bail in the Renukaswamy murder case, Kannada actor Darshan Thoogudeepa on Saturday thanked his fans for their support and affection during the difficult times.

Darshan (47) and his friend actress Pavithra Gowda are among the 17 accused in the Renukaswamy murder case. He, Gowda and a few other accused in the case were granted bail by the high court on December 13 last year while others were granted bail earlier. Darshan was already out on interim bail for medical reasons when the high court granted him bail.

The actor was arrested on June 11 last year for allegedly killing Renukaswamy, his fan, on June 8 for sending obscene messages to Pavithra Gowda.

On Saturday, Darshan requested his fans not to queue up outside his residence on his birthday on February 16, saying his health condition doesn't allow him to meet his fans who gather there.

"I would like to thank all my beloved celebrities (fans) for their love and support. Should I say Namaskara or thanks? No matter what I say, it won't be enough. You have shown so much affection towards me, I don't know how to return it," Darshan said in a video posted on X.

“ But this time the only problem is my health issue, nothing else. I cannot stand for long and thank everyone...

– Darshan, in video posted on X

Noting he too had the desire to meet and personally thank everyone who comes to wish on his birthday like every year, he said, "But this time the only problem is my health issue, nothing else. I cannot stand for long and thank everyone... whenever I take an injection for 15-20 days I will be okay and once its power reduces, the pain starts. I will have to undergo an operation." Assuring his fans that he would meet them soon, he said, "I will need to consult my doctors on what to do next. You know about spinal cord problems."

Pointing at movie projects he had accepted, the actor said, "I thank all my producers who waited for me. I should not do injustice to them, as they too would have planned other projects. So I'm trying to push myself." He also said that he has returned the advance given by producer Soorappa Babu for a film. — PTI



Time to up the guard as city docs report spike in flu cases

Sridhar Vivan
sridhar.vivan@timesofindia.com

TWEETS @sridharvMirror

Though fewer fever cases are reported in children during summer, doctors are noticing a rise in flu cases despite the city's gradual shift into the season.

Dr. K Krishnamurthy, a general physician, explained, "While we observed an increase in flu cases in November and December, there's now a sudden rise in cases, with many children showing symptoms of fever and cough. With exams approaching, parents are concerned, as any illness during this time can impact children both physically and emotionally. We advise parents to consult with doctors promptly when their children show any signs of illness, so treatment can begin without delay."

Dr. Sunil Havannavar, Senior Consultant in Internal Medicine at

Most cases reported mild or moderate, say doctors as they reiterate measures that can curb spread of infection

Manipal Hospital Sarjapur, added that Bengaluru has recently seen an increase in flu cases, with 10 to 15 cases per day among both children and adults. "Most cases are mild to moderate and don't require hospitalisation, although some may present with pneumonia and need a few days of hospital care. The typical symptoms include cough, cold, sore throat, and sometimes breathlessness. Fever may last one to three days, followed by persistent cough, which can last for two to three weeks even after other symptoms subside."

Dr. Havannavar recommended



wearing masks when out in public and isolating symptomatic individuals. He stressed that while symptomatic treatment is usually sufficient, severe cases may require flu panels, blood tests, or imaging, such as chest X-rays or CT scans. He cautioned, "For those with severe cough, breathlessness, or unresponsive high fever, further tests are necessary. Individu-

als with pre-existing conditions like diabetes, hypertension, asthma, or cancer should seek medical advice promptly to prevent complications."

Meanwhile, doctors suggest several additional precautions to prevent the flu and manage its spread. These include maintaining proper nutrition to strengthen the immune system, ensuring adequate hydration, and getting enough rest to allow the body to recover. Dr. Krishnamurthy added, "Avoid crowded places, particularly during peak flu seasons, and maintain a clean environment by disinfecting commonly touched surfaces like doorknobs, phones, and keyboards. It is better to keep windows open for better ventilation to reduce the concentration of airborne viruses. For children, ensuring they wear appropriate clothing for weather conditions can help prevent exposure to the elements, which could weaken their immunity."

'Physiotherapy can help treat psychosomatic disorders'

A recent study has highlighted the significant role physiotherapy can play in treating psychosomatic disorders, conditions where mental stress and emotional distress lead to physical symptoms.

The study, conducted in Bengaluru by Dr. Shubham Menaria, former physiotherapist at NIMHANS, involved 50 patients aged between 25 and 64 years. It was also published in Acta Scientific Orthopaedics.

Psychosomatic disorders often present challenges in diagnosis and treatment as they involve both physical symptoms and underlying psychological factors.

How it helps

The study found that physiotherapy techniques such as

aerobic exercises, balance training, relaxation therapy, manual therapy, and stretching can significantly reduce symptoms. Patients undergoing physiotherapy reported an improvement score of 4.1 out of 5 on average, with the most effective treatments being aerobic exercises and balance training.

"Aerobic exercises help release endorphins, which act as natural pain relievers and mood boosters. This not only improves physical fitness but also reduces stress and anxiety. Balance training, on the other hand, helps restore confidence and stability in daily activities, making patients feel more in control of their bodies," said Dr. Menaria.

One of the most striking findings was that patients who received psychological support alongside physiotherapy showed

better progress. These patients had an average satisfaction score of 4.5 out of 5, compared to 4.0 for those who did not receive psychological support.

"Integrating mental health support into physiotherapy sessions creates a more comprehensive recovery process. Patients gain a deeper understanding of their condition, become more consistent with their exercises, and develop better stress-management skills," Dr. Menaria explained.

The study supports the biopsychosocial model of care, which emphasises that biological, psychological, and social factors all contribute to a person's health. By working with mental health professionals, physiotherapists can provide a supportive environment that helps patients recover more effectively.

The study also examined patient satisfaction, an important indicator of treatment success. Patients who received psychological support alongside physiotherapy reported higher satisfaction, reinforcing the idea that addressing both mind and body leads to better results.

"Physiotherapy alone is helpful, but when combined with psychological support, it becomes even more powerful. Patients not only experience relief from their physical symptoms but also gain the mental resilience needed to maintain their well-being," He added.

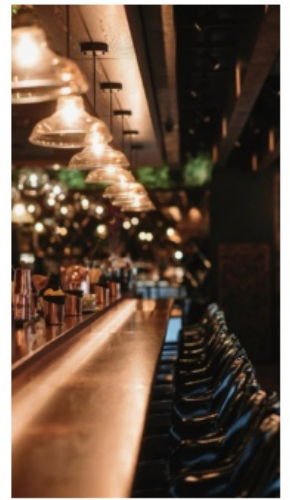
Dr. Menaria believes the study reinforces the need for a combined treatment approach to psychosomatic disorders. The study recommends integrating psychological support with physiotherapy. —Iffath Fathima

Night life strife

CONTINUED FROM PAGE 1

and the second wave further worsened their situation. PBCLs faced even greater losses since a major portion of their revenue comes from liquor sales, which were not allowed for delivery. Even after restrictions were lifted, dine-in operations resumed with limitations, and the ban on draught beer sales in PBCLs led to continued financial losses.

The report highlights the impact of covid-19 on customer footfall. Before the pandemic, 88% of PBCL business came from dine-in customers. However, after the first and third lockdowns, this dropped to 73% and 72%, with no major recovery since. After Covid, the pub business saw a strong recovery, but the rapid expansion of new pubs in various areas, coupled with multiple price hikes—around four to five rounds—created new challenges. Rising costs for manpower, rent, and other expenses have further strained businesses.



'Discount driven'

The Bengaluru chapter of the NRAI estimates that the city is home to around 2,000 pubs and breweries, but industry experts caution that many are struggling. Sources from the NRAI revealed that multiple factors are contributing to the closure of pubs across Bengaluru.

"There is a constant rise in input costs, including raw materials and alcohol. Since the market is highly competitive, businesses cannot keep increasing prices, as they need to remain affordable to customers. The industry has become discount-driven, and with Bengaluru being a price-sensitive city, sustaining operations has become a challenge. Even food aggregator apps engage in deep discounting, which has significantly impacted both revenue and profitability," the source explained.

However, the industry is not witnessing a complete shutdown. Around 10 to 12 new pubs have opened in different parts of the city, while some struggling establishments are trying to adapt by changing their business format, securing new investments, or continuing under the same brand with a modified approach.

Leniency letting noisy motorists rule the roost

CONTINUED FROM PAGE 1

"Upon raising complaints, we only get assurances that measures will be taken. However, the situation remains the same on-ground. Starting a crackdown on unnecessary honking and illegal horns is not a priority," said a resident of Whitefield.

A senior traffic official told BM that there is no provision under MVA to fine motorists for unnecessary honking. However, those with shrill and illegal horns are being penalised, albeit the number is low.

"We do impose fines on vehicles with shrill horns. However, the number of such cases is low. We can catch and impose fine amounts on such vehicles only when they honk in our presence. On average, we come across five to six vehicles monthly with illegal horns," said the official.

Traffic police have been imposing lower penalties against the far and in-between cases that they book against such offenders, highlight activists. Cities such as Mumbai and New Delhi are imposing fine amounts as prescribed under the Act.

"Even if vehicles with shrill horns are fined, it is just Rs 500, irrespective of the number of offences. The penalty amount should be as prescribed under the Act. A higher amount will ensure more compliance," said a civic activist.

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I, Tasneem Zahra D/O, Mumtaz Ali Sawar R/o 4/1-2, Ground Floor, Khazi Street, Basavangudi Bangalore - 560004, Karnataka have changed my name to Tasneem Zahara.



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Do you remember?

Psychotherapy may change memories of childhood – here's why practitioners should warn clients



One of the unfortunate legacies that my generation, gen X, has passed on to the millennials and gen Z, is the idea that therapy has no side effects.

However, just like many other medical treatments, there can be negative effects. For example, in some cases psychotherapy can be linked with a worsening of psychiatric symptoms, increased anxiety and false memories.

My team's recent paper investigated the effect of evaluating a parent on the basis of their emotions and memories of those emotions in childhood. Our findings, which show these kinds of reappraisals can distort memories, may have implications for talking therapies that explore clients' childhoods.

Previous research has shown that as people's thoughts change, their memory of emotions seems to do so too. In 1997 psychology professor Linda Levine found that people misremembered how they had felt when Ross Perot withdrew from the 1992 US presidential race, when they were asked to recall their emotions after the election. Psychologist

Martin Safer found in his 2010 study that some people misremembered how much grief they felt when their spouse died, and this bias was related to their current evaluation of the death.

In my team's study, published in Psychological Reports, we found that writing out recent examples of participants' mothers' behaviour could lead them to reappraise their mother. It also seemed to change the participants' current emotions towards their mother. And most surprisingly, it seemed to subtly affect the participants' memories of emotions from childhood.

Our participants were split into four groups and given different writing prompts. The first group were asked to give recent examples of their mother showing a positive attribute. The second group were asked to give examples of their mother showing

a lack of those same attributes. A third group were asked to give examples of a former teacher showing a lack of positive attributes and the last group were given no tasks. The participants were then given questionnaires asking them to evaluate their mothers and about their memories of their emotions toward their mothers.

We found that these reappraisals affected participants' current happiness and interest towards their mother. Talking to a therapist for years in a way that reconstructs a client's childhood, and then linking this to their problems, could cause more significant reappraisals of their parents. What clients may not realise is that these reappraisals could be changing memories of childhood.

Warning signs I believe that clients should be aware of the side effects of therapy, and there should be a line on the malleability of memory on the forms people sign before therapy begins

Clients should be aware of the side effects of therapy, and there should be a line on the malleability of memory on the forms people sign before therapy begins

Warning signs

I believe that clients should be aware of the side effects of therapy, and there should be a line on the malleability of memory on the forms people sign before therapy begins

py, and there should be a line or two on the malleability of memory on the forms people sign before therapy begins.

It would also help if all therapists were taught in their training about the ways memory can be distorted. Indeed, research on infantile and childhood amnesia suggests that humans seem to remember little of early childhood, leaving us all vulnerable to reappraising that period.

We might debate whether therapists should be making negative comments about parents. Perhaps in cases of abuse, some might argue it could help. But in many other types of clients, therapists making negative comments could have a powerful effect that far exceeds our experimental nudges. For example: "Wow, your mother sounds like a controlling type," if repeated enough by therapists, might cause reappraisals and family rifts.

In some cases, reevaluating your parents in a positive direction can lead to better relationships over time. This may result in the real joy of childhood being better appreciated. Positive reappraisals may actually be fair. For example in cases where previous negative reappraisals in adolescence and early adulthood were unfair and forgetful of the sacrifice and love the parents had given in early childhood. But, there is a potential negative side effect if parents are positively reappraised too much. If your parents had set up conditions to illicit a lot of negative emotions in childhood, glossing over that might increase the risk of repeating the mistakes as you raise your own children. I am a believer in living an examined life. People should be free to practice psychotherapy, and clients should be welcome to seek out therapies that dig into childhood themes. In the same way that people who need X-rays should get them despite the small risks, people who need therapy should take it. Better to be as accurate as you can be, as we live examined lives.

(By Lawrence Patihis, University of Portsmouth, The Conversation)



All you need to know about...

Black Cat/Golden Retriever

New theory

We often see patterns of online dating theories play out in real life. If you thought dating just required you to be yourself, you might want to explore the blueprints behind some of these theories. One such theory gaining popularity on social media is the Black Cat and Golden Retriever dating theory. The dynamic of the relationship is described using the traits of these pets.

Different persona

While there are no strict rules about who fits which persona, these relationships tend to be most successful when the woman embodies 'black cat' energy and the man (in a heterosexual relationship) takes on the 'golden retriever' persona. 'Black cat' energy suggests a woman who is mysterious, independent and nonchalant about anything that doesn't affect her world. Meanwhile, the 'golden retriever' vibe describes a man who is extroverted, loyal and friendly, always chasing after the black cat with everything he's got.

Real-life couples

Though the origins of this TikTok/Instagram theory are unclear, it's easy to spot patterns of these relationships in real life. Some celebrity couples who demonstrate this dynamic include Rihanna and A\$AP Rocky, Deepika Padukone and Ranveer Singh.

Complement each other

Any relationship requires balance, and, in this one, the grounded black cat is not swayed by whims. To complement this, the golden retriever makes a conscious effort to understand and care for the black cat. In simple terms, while the black cat is calm and reserved, she's also a high-value woman who demands nothing less than queen treatment. The golden retriever man is the adventurous, excited one, always going to great lengths to make his woman happy. Ipso facto, opposites attract!

—Femina

MIRRORLIGHTS

Carbohydrate cravings may be related to overall severity of depression: Study

People struggling with depression may crave for carbohydrate-rich foods, which could be "related to the overall severity" of their mental condition, according to a study. Though patients of depression, marked by a persistent low mood, tend to have less appetite, researchers, including those from the University of Bonn, Germany, said those with severe depression can sometimes develop food cravings.

"These changes can then lead to a change in body weight", corresponding author Nils Kroemer, a professor of medical psychology at the University Hospital Bonn, University of Bonn, said.

For the study, published in the journal Psychological Medicine, a group of 117 participants -- 54 with depression and 63 healthy -- were asked to complete a 'food cue reactivity task', by rating 60 food and 20 non-food items for whether they 'wanted' or 'liked' it.

The researchers found that people with depression showed lower levels of 'wanting' food, but not of 'liking' it. Further, "compared to carbohydrate-rich foods, patients with (major depressive disorder) reported lower liking and wanting ratings for high-fat and high-protein foods," the authors wrote. They also found that such patients also had an increased craving for foods combining fat and carbohydrates, such as milk chocolate.

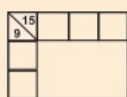


While a craving for carb-rich foods is generally related with a higher appetite, the study showed that "carbohydrate cravings are more related to the overall severity of depression, especially anxiety symptoms," first author Lilly Thurn, currently a postgraduate student at Maastricht University, the Netherlands, said. Given that these energy-dense foods appeal to the brain's reward system, the findings could help with developing better treatments for depression, the authors said.

—PTI

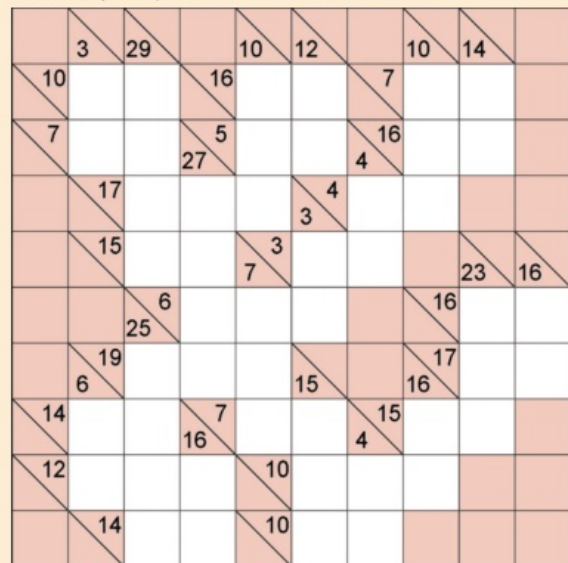
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

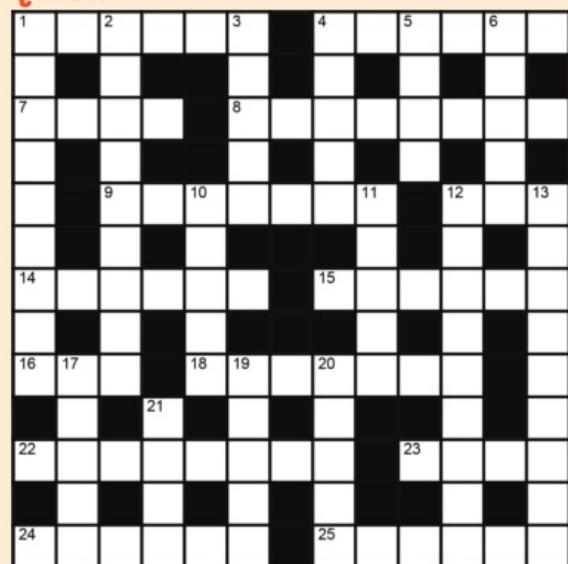


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

- 1 West ____ : the former cricketing super power? (6)
- 4 The State Archaeological ____ is located in Cubbon Park (6)
- 7 Identical (4)
- 8 Emotions (8)
- 9 Most just (7)
- 12 Common language suffix (3)
- 14 Units of energy (6)
- 15 A state of suspended sensibility (6)
- 16 Evil or sinful (3)
- 18 Jam ____ : improvised playing of music by a Jazz group? (7)
- 22 Come what may (8)
- 23 Monarch (4)
- 24 Blood vessel (6)
- 25 Larger or bulkier (6)

DOWN

- 1 No stranger committed this crime! (6,3)
- 2 Make speechless (9)
- 3 More secure (5)
- 4 ____ half-way : agrees to a compromise? (5)
- 5 Revolve rapidly (4)
- 6 Strong desires (5)
- 10 Agenda details (5)
- 11 Ice cream flavour ____-frutti (5)
- 12 About to happen (9)
- 13 Forerunner, portent (9)
- 17 Hate or dislike intensely (5)
- 19 Emissary (5)
- 20 Bush (5)
- 21 Eye complaint (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: C EQUALS T
CTB PKWC LXSKVAN WCZCB-
PBACW ZXB KSCBA WZQN QA
WQDBARB.



Linemaro

Do you have a name or can I call you mine?



Mindchow

Many people go fishing all their lives without knowing it's not fish they are after



Joke of the day

Kanye West said he is an intellectual who doesn't read books. Which I get because I am an athlete that rarely moves

Loop

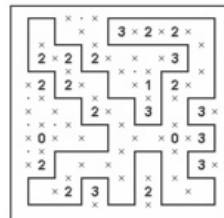
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

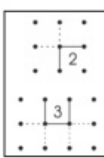
How to begin:

Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

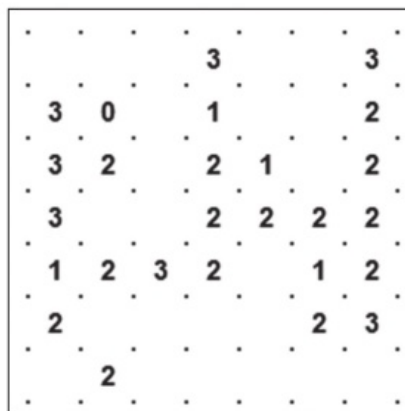
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



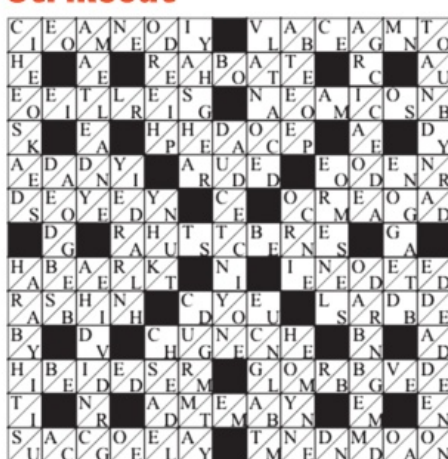
(Fig A)



(Fig B) Not Allowed



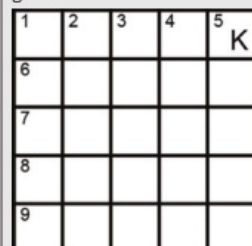
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

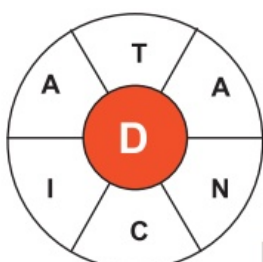
- 1 Link C; 6 In nil;
- 7 Us a be; 8 Em Eel;
- 9 Id pal

DOWN

- 1 LP Mac; 2 Be III;
- 3 Ulma I; 4 I sine;
- 5 Need K

Mensapuzzle

Which letter completes the puzzle?



Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

02 Average; 03 Good; 04 Outstanding

SudokuChallenge



To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy

□ □ □ □ □ = 13

4 4 6 7

Medium

□ □ □ □ □ = 10

2 5 6 6

Hard

□ □ □ □ □ = 12

1 3 8 3

Hocusfocus



Find at least six differences in details between panels.



Differences: 1. Phone cord is moved. 2. Lamp base is wider. 3. Eyebrow is missing. 4. Mouth is open. 5. File cabinet handle is lower. 6. Window in door is smaller.

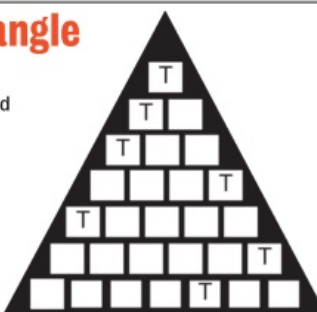
Riddler

What do the following words have in common? far, blow, bacon, lather, fasting, wariness & pacemaker

Alpha triangle

- 1 Tonne, abbr.
- 2 Infinitive word
- 3 Hanks of Hollywood
- 4 Maximum
- 5 Large books
- 6 Unassuming
- 7 Lowers in rank

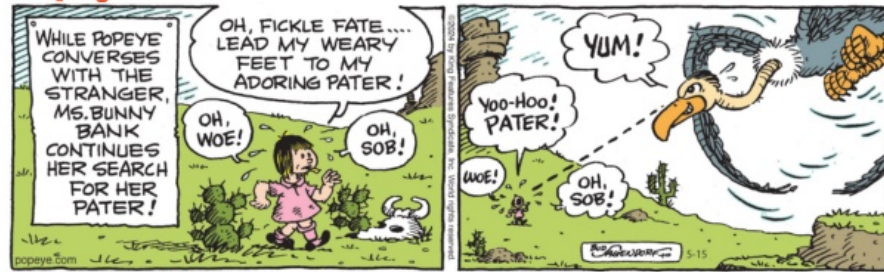
Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be



made at each step answering to the clue given.

COMICS

Popeye



Bizarrotrip



Diamond Lil



Hart of the city



Crankshaft



Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 - Apr 20

You may find a balance between earnings and expenses, improving your financial stability. Your performance at work is likely to impress your boss, possibly leading to new responsibilities or a promotion. Stuck money may be recovered, and you will have control over opponents and hidden enemies.



Leo Jul 24 - Aug 23

Your communication skills will shine today, benefiting your professional life. Politeness will help accelerate projects. Lovebirds may have meaningful conversations, laying a strong foundation for their relationship.



Sagittarius Nov 23 - Dec 22

Blessings from elders will boost your confidence. Trusting your intuition will be beneficial in both work and financial matters. A visit to a religious place with family is likely. Control your arrogance to maintain harmony in domestic life. Students can expect good results with the support of destiny.



Taurus Apr 21 - May 20

Due to lack of sleep, you may feel dull and unfocused, affecting your efficiency. A visit to a religious place may bring peace. By the evening, blessings from elders may help you recognize mistakes and plan wisely. Pay attention to your parent's health.



Virgo Aug 24 - Sep 23

You may feel dull or unhappy today. Avoid harsh conversations with friends and family, as reciprocation for your hard work may not meet expectations. Trust your intuition, and practice patience when making important decisions.



Capricorn Dec 23 - Jan 20

The day may feel unfavourable, bringing a sense of dullness and unhappiness. Unexplained fears may bother you, and an interest in the occult may arise. Lack of confidence could affect work. Avoid risky driving and adventurous activities.



Gemini May 21 - Jun 21

The Moon's blessing brings love and positivity to your personal life. Singles may find a suitable match. Professionally, you will perform well, and support from friends and subordinates will strengthen your confidence.



Libra Sep 24 - Oct 22

The Moon's blessings bring opportunities for beneficial partnerships. Your energy and enthusiasm will lead to financial gains. Your self-respect will shield you from negative influences.



Aquarius Jan 21 - Feb 19

Unexpected financial gains in business may boost confidence and bank balance. However, try to manage stress in your domestic life. Your reputation may improve, and progress in business or work is expected. You might also plan an overseas trip.



Cancer Jun 22 - July 23

Your subordinate staff will be supportive, helping you complete pending projects. Attending a social event may expand your network, benefiting your personal and professional life. An outing with friends is possible, and any past disputes may be resolved. Students should stay focused and avoid carelessness.



Scorpio Oct 23 - Nov 22

New income sources may emerge, and past investments could yield good profits, strengthening your financial status. You may connect with a social organisation, expanding your network. Singles may find their soulmate, and lovebirds will enjoy joyful moments together.



Pisces Feb 20 - Mar 20

A hurried mindset may make you feel restless; drive safely. However, blessings from elders will help you overcome challenges. Managing multiple tasks at once will require patience, but success is likely. Positive results in new partnerships are expected. Lovebirds will cherish their moments together, and job seekers may find a suitable opportunity.



KIDZONE



Nivedita, Bengaluru

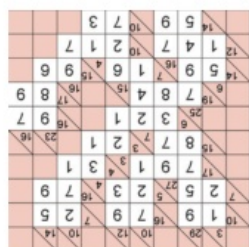


Nihal Pn, Bengaluru

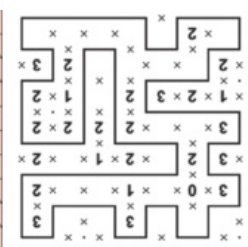
Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;

Please send hard copies of your artwork in A4 size only.

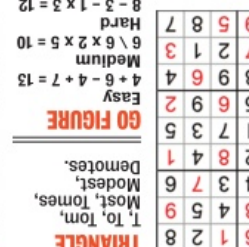
SOLUTIONS



KAKURO



LOOP



ALPHA



SUDOKU



MENSA PUZZLE



QUICK



STRIKE OUT



BULLS & COWS

Star kids in court battles

From Aaradhya to Shiloh -- here are some celeb's children who had to take legal recourse for their rights

Celebrity kids often find themselves in the public eye, and sometimes, they have to take legal measures to protect their rights and interests. Aaradhya Bachchan, the 13-year-old daughter of Aishwarya Rai and Abhishek Bachchan, made headlines last week for her lawsuit concerning the circulation of false information about her health on various websites. Over the past months, several high-profile star kids made headlines for their court battles, ranging from defamation cases to legal fights over names and estates.

-ETimes



Blanket Jackson's dispute over Michael Jackson's estate

Michael Jackson's youngest son, Blanket Jackson (who now goes by Bigi Jackson), filed a legal challenge in 2023 to prevent his grandmother, Katherine Jackson, from using money from the late pop star's estate to cover her legal expenses. The dispute arose as Katherine sought funds to continue a legal battle against the estate's business decisions.

Shiloh's fight to drop 'Pitt' from her name



In 2024, Shiloh Jolie-Pitt, daughter of Angelina Jolie and Brad Pitt, made headlines when she legally filed court documents to drop 'Pitt' from her surname upon turning 18. The move was widely speculated to be a result of strained relations between her father and her, following his bitter divorce battle with Angelina which included the sale of their French vineyard. Shiloh was the first of the Jolie-Pitt children to take the legal route to change her name. Her elder sister, Zahara also reportedly dropped the Pitt surname, opting for the name Marley Jolie. Buzz is that Vivienne has also taken her mother's name.



Aaradhya Bachchan's legal battle against fake news

In 2023, Aaradhya Bachchan, daughter of Bollywood actors Abhishek Bachchan and Aishwarya Rai Bachchan, approached the Delhi High Court seeking action against YouTube channels and other websites that spread false reports about her health. The court ruled in her favour, ordering the removal of misleading content and warning against the circulation of unverified news about minors. It also granted an interim injunction, restraining the defendants from posting misleading information and stated that circulating information about a child's physical or mental health is unlawful.

The Delhi High Court on Monday sought a response to her application, seeking a summary judgment in her lawsuit. Justice Mini Pushkarna heard the counsel representing Bachchan and issued notices to the defendants, including Google and several websites. The matter is scheduled for the next hearing on March 17.



Britney Spears' landmark conservatorship battle against Jamie Spears

Although Britney Spears is not a minor, her case remains one of the most significant legal battles involving a celebrity and their family. Fans around the world watched and waited in anticipation as the singer successfully ended her conservatorship in 2021, a legal arrangement that had placed her father, Jamie Spears, in control of her finances and personal affairs. Britney alleged that her father had abused his power, leading to a highly publicized court case that sparked the global #FreeBritney movement. The court's decision to terminate the conservatorship marked a huge victory for the singer and granted her autonomy.

Just for laughs

MR RANI (KANNADA)

2.5 RATING ★★★★★

• **DIRECTOR** Madhu Chandra
• **ACTORS** Deepak Subramanya, Parvathy Nair, Srivatsa Shyam, Madhu Chandra, Lakshmi Karanth, and Anand Ninasam.
• **Duration** 128 minutes
• **Certification** UA 16plus



Director Madhu Chandra, known for Kannada movies Vascodigama and Ravi History, has tried to convey a message to youth through his latest movie Mr Rani. The director wants to inspire youngsters to pursue their passion irrespective of hurdles in their path. Madhu plays a director who falls in love with the leading lady in the movie. It is said the movie is funded by around 150 people.

The movie begins at a school where a few students bring Bhairavi, a bright student, to Rajasekhara aka Raja who wants to celebrate her birthday in the classroom.

Later the scene shifts to Raja's house where his father (Anand Ninasam) is thrashing him for participating in cultural activities. Raja (Deepak Subramanya), after completing graduation, gets a job in the USA to work as an engineer for Google. However, Raja remains in Bengaluru to pursue his dream of becoming a hero in movies. He gets an opportunity to play a female character in the Darling Diana movie, thanks to a video in which he played a female character. Raja becomes Rani and continues to act in more movies, including action movies. He falls in love with the heroine Deepika (Parvathy Nair). What happens to him and how he comes out of Rani's shadow is what Mr Rani is all about.

Deepak Subramanya deserves a pat on the back for his sterling performance. One needs courage and patience to play this character. It is not that no one played such a character in Kannada or other language movies. Kamal Hassan played a female role in Chachi 420, Rajendra Prasad played a female character in Telugu movie Madam. However, Deepak Subramanya took the risk by playing a female character in his maiden movie. Parvathy Nair has acted well.

It is worth a watch for those who want to have some relief from the mundane.

-Y Maheswara Reddy